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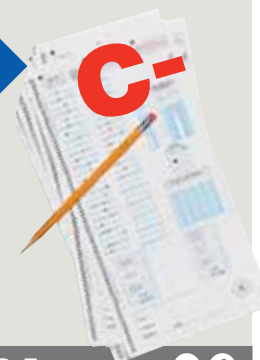
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Your essential daily news | MONDAY, JANUARY 25, 2016

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One girl enjoys a superman slide during the Scotiabank Girls HockeyFest.

JEREMY SIMES/FOR METRO



HIT THE ICE

Three-time Olympian Cassie Campbell-Pascall laces up to help out 300 budding athletes

metroNEWS

Gunfire reported in northwest

HUNTINGTON HILLS

Residents told to take shelter in basements



Brodie Thomas
Metro | Calgary

Multiple police units responded to reports of gunfire in northwest Calgary on Sunday afternoon.

Calgary police say they got the call to Huntington Hills around 4:40 p.m.

At the time they were asking nearby residents to stay in their basements until they brought the situation under control.

One resident in the area who asked not to be named said he heard between four and seven gunshots at around 6 p.m.

He said a family member was

going out for a walk and was sent home by police. His family took shelter in the basement as advised.

A police helicopter with a spotlight was hovering over the area, apparently searching for a suspect.

Another nearby resident, Virginia Clark, said she heard about the helicopter through a friend on Facebook. "It felt very unsettling to know there was something involving gunfire so close to my home," she said.

A perimeter of several blocks was set up, and people attempting to return home were not allowed into the area.

Around 7:25, police gave the all-clear, but multiple units remained in the neighbourhood conducting their investigation. Police did not release any details as of press time.

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Your essential daily news "I could stand in the middle of Fifth Avenue and shoot somebody, and I wouldn't lose any voters, OK?" **World**

COUNCIL

City seeks alternative to business tax rebate

Some city councillors are not crazy about Coun. Evan Woolley's proposal to give tax rebates to small businesses, and they will pitch an alternative Monday.

Woolley wants to tap \$60 million from the city's economic resiliency fund over two years to give small- and medium-sized businesses tax rebates to help during the economic downturn.

Coun. Ward Sutherland said he had some concerns with the approach, and he's been talking with city manager Jeff Fielding about creating a larger framework for helping Calgarians in the

downturn.

"I think the proposal itself — it's a bit haphazard," said Sutherland. "It just touches some businesses, not others. That's a lot of money for a one-time spend."

Coun. Jim Stevenson said he's more interested in finding long term savings that one

time rebates.

"This is a one time thing — after two years there would be a tax increase. I'm more interested in finding a way to balance taxes out between residential and non residential," he said.

BRODIE THOMAS/METRO



It just touches some businesses, not others.

Coun. Ward Sutherland

POLICE

RCMP uses spike belt, GPS to nab stolen truck

GPS tracking and a spike belt were deployed by the RCMP on Saturday in the pursuit of a stolen vehicle.

On Jan. 23, near 8 p.m., Airdrie RCMP were advised that a stolen truck was entering their patrol area. It had been reported stolen from a Sylvan Lake business earlier and was being tracked by GPS.

RCMP followed the vehicle through Airdrie and used a spike belt to stop the vehicle — but the driver, and lone occupant, continued over the spike belt and travelled west-bound, out of Airdrie.

Eventually the truck lost control and entered a ditch on Highway 567. Airdrie RCMP deployed dog services for the arrest and the suspect was taken into custody. The suspect suffered minor non-life threatening injuries and was taken to a Calgary hospital.

Shane Brown, 32, of Red Deer, is charged with possession of stolen property over \$5,000, prohibited driving and flight from a police officer.

He will appear in a Calgary court later this week. METRO



Ian Lewis picks up two plates of a traditional haggis supper to take to clients at the Calgary Drop In. He and other members of the St. Andrew-Caledonian Society volunteered at the centre in honour of Robbie Burns Day. BRODIE THOMAS/METRO

Haggis for homeless

ROBBIE BURNS

Scottish society honours poet's belief in equality



Brodie Thomas
Metro | Calgary

It's the only day of the year you'll find haggis on the menu at the Calgary Drop In.

Members of the St. Andrew-Caledonian Society of Calgary were at the drop in Sunday to

volunteer in honour of Robbie Burns Day.

It's the 13th year the society has brought food and volunteers to the drop in on the Sunday prior to the Scottish poet's birthday.

Malcolm Stuart, vice president of the society, said Burns was famous for his thoughts on equality and on helping the common man.

He said the St. Andrew-Caledonian Society brought that philosophy to the drop in 13 years ago, and the event has grown every year.

"Some people get a misconception about the clients of the drop in centre, and they

see it on TV and they don't see the good things," he said. "It's circumstances that make the client — not the person."

The society brings highland dancers and bagpipers, as well as a Celtic band, to perform for clients in the drop in's cafeteria.

Coun. Brian Pincott was on hand representing the city as deputy mayor. He read Burns' poem, "A Man's A Man for A' That."

"It's a challenge for the tongue," said Pincott. "But he is the people's poet. So when you take what he's writing and get past the dialect, it's really good stuff and it's resonate today as it was 200 years ago."

After the entertainment, members of the society brought around plates of haggis, roast beef, potatoes and turnip.

"We've talked to the clients at the drop in centre in the past, and many of them say this is the meal they really do look forward to," said Stuart.

Jordan Hamilton, manager of external relations for the drop in, said the society's entertainment is especially appreciated.

"A lot of our clients don't feel comfortable going into bars or pubs — places where they can hear great live music and dancing. It's wonderful that the St. Andrew-Caledonian society is here, sharing those joys with us.

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The battle with Alzheimer's: Woman shares her experience

HEALTH

Janet Arnold saw both her grandparents, parents suffer



Jeremy Simes
For Metro | Calgary

Janet Arnold is terrified she may end up with the disease that killed her parents and grandparents.

Her parents, Wilda and Bob, died from Alzheimer's a few years ago. The first to go was Bob, then Wilda.

As part of Alzheimer's awareness month, Arnold is sharing how the disease affected her family.

More than 12,000 Calgarians have dementia and, for each person, another 10-12 people are directly impacted. Demand for services has been growing, too.

Bob and Wilda were adventurers, according to Janet.

In their 60s, the couple set sail for New Zealand from Vancouver in a yacht — named the Sea Dreamer — that Bob built in the Arnolds' backyard.

"They just decided to go on this journey," she said. "It's their legacy."

They spent two-and-a-half years on the Sea Dreamer, returning home in 1991.

12,000

Number of Calgarians with dementia



Janet Arnold hopes her story will help others who have loved ones with dementia. JEREMY SIMES/FOR METRO

But as soon as Bob turned 76, his health began to deteriorate. Janet said she didn't think much of it — she thought Dad was just getting old — until her mom told her.

"That's the part that I think families need to be aware of: behaviours change so slowly, and you kind of miss it," she said. "Maybe he would've had a better quality of life for a longer amount

of time."

Every day, Wilda would take a one-and-a-half-hour bus ride to visit Bob at the long-term care facility.

But when Bob died at 81, Wilda was diagnosed, too.

"We learned she couldn't come home again," she said. "Her life totally changed, and so did ours."

Unlike Bob, Wilda became angry and violent.

"That was incredibly hard



I think the more we can all understand — before we become too quick to judge — I think things would be easier. Janet Arnold

because that's not the person she was."

Janet said she linked Wilda's aggravation to her childhood.

"She was physically abused by her mom," Janet said. "So

we told caregivers that so they would also understand, and I think that's also important: to keep that open communication."

To cope, Janet attended group counselling sessions

with the Alzheimer Society of Calgary.

"I found sharing those experiences made me feel like everything was okay — that what we were going through was normal."

Janet and her sister Gayle Hayes would also team up in certain situations.

For example, if Wilda had a tantrum in a restaurant, Janet would calm her down, while Gayle would inform those eating of her mom's situation.

"You're always scared of what people will think of you. I think the more we can all understand — before we become too quick to judge — I think things would be easier."

It's almost as if you're aiding their regression, she added.

Wilda was an avid reader but would eventually play with five-piece puzzle sets when she neared her final stage. She died at 87.

Through it all, there were moments of quirkiness that Arnold still treasures.

"Dad told me once that he wanted to marry this woman," Janet said. "I was like, 'Oh no' ... but I asked anyway. It turns out he was talking about Mom."

And whenever the Sea Dreamer was mentioned, Wilda's eyes would light up. "I'd just cry sometimes; you have to just be mindful of those moments."

The Arnolds scattered part of their parents' ashes in Moorea, Tahiti.

"I'm worried I'm going to get dementia," she said. "But I'm just going to live well and do what I can physically."

CRIME

Woman sentenced to 8 years for human trafficking of teen

A Calgary woman has been sentenced to eight years for human trafficking after extorting a young woman to become a sex-trade worker.

Amanda Kathleen McGee pleaded guilty Friday to human trafficking, extortion, sexual assault with a weapon, forcible confinement and various prostitution charges.

Court was told police found the 18-year-old victim at the Calgary bus station in Janu-

ary 2014 after relatives asked RCMP to check on her welfare.

The young woman told officers she had been held against her will for several months and was forced to act as a sex-trade worker.

Police believed that the woman arrived in the city in October 2013 for a job and was then befriended by McGee, who offered her a cheap place to live.

A few weeks into the living

arrangement, McGee began slipping drugs into her roommate's drinks and while she was incapacitated, took pictures of her and later used the photos to extort the young woman into participating in the sex trade.

Another victim came forward during the investigation saying she had also been a victim, and police were able to connect both offences to McGee. THE CANADIAN PRESS

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HockeyFest empowers girls to stick with game

SPORTS

Gold medalist laced up with 300 young, female athletes



Jeremy Simes
For Metro | Calgary

Sonya Walker is used to playing with the boys.

Walker, 9, was among 300 budding athletes at the eighth annual Scotiabank Girls HockeyFest at the Saddledome Sunday afternoon.

Walker, who began playing the sport at age four, said she isn't ready to join an all-girls league — she likes the competitiveness.

"I know how hard it is for girls playing hockey," said Walker's mom, Tina. "She doesn't want to quite yet go on an all-girls team, but this means a lot and shows her that playing with girls is OK and it's good."



Addison Byer and Kaylee Dubois were among 300 athletes at the annual Scotiabank Girls HockeyFest. JEREMY SIMES/FOR METRO

"She smiled the whole time."

Two-time Olympic gold medalist Cassie Campbell-Pascall also laced up with the girls to develop their hockey skills.

She said seeing the girls keeps her coming back every year.

"I remember the first year we did this. We were really worried

if we were going to get any girls," Campbell-Pascall said. "And then we had 300, so I think just seeing the growth of the game, how much fun they're having, and the fact that they get to be with girls."

The girls also sharpened their skills with the University of Calgary Dinos women's hockey team

and the SAIT Trojans.

"I think it's important for them to be around those role models," Campbell-Pascall said. "We might have a girl who's thinking of quitting, and she comes out here and it's all girls, and she says, 'Wow, this is so much fun.'"

"So for me it's about encouraging girls to play hockey and encouraging girls to stay in the game, and be around each other and respect each other."

Addison Byer and Kaylee Dubois also took part in the training session.

"All my cousins play hockey, almost. And I really wanted to play hockey," said Dubois, 8, who's been playing the sport for three years.

Byer, also 8, said her dad inspired her to play the game.

Her mom, Christina, said the day lets the girls play alongside their hockey heroes, like Campbell-Pascall.

"It teaches them to just stick with it," Christina said.

"It shows what you can do as a female hockey player. There's more to it."

REACTION

What did you learn today at HockeyFest?



I learned that you can never quit. If you're bad at it, you just keep going.

Veronica Planicka, 9



'Believe you belong' meant a lot to me — a few boys in school say girls can't play hockey.

Amy Edmunds, 10



I learned being part of a team is really important.

Alyssa Salone, 7

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Calgary's Egyptians ask support

Monday fifth anniversary of revolution that ousted dictator



For Mostafa Elhoushi and his wife Hanan Sakr, the Egyptian revolution that began Jan. 25, 2011, isn't over.

Elhousi and Sakr spent Saturday afternoon commemorating the revolution outside of Calgary's city hall with a dozen others.

Elhoushi, who spent more than two weeks in Tahrir protesting a 30-year dictatorship said it was "a big victory" for Egyptians when Hosni Mubarak stepped down as president, allowing there to be a place for democracy in Egypt.

"The revolution was a big hope for us (and) everyone in Egypt. It was a big hope for freedom, justice and democracy," he said.

But, Elhoushi said, in the years that have followed, Egypt has experienced major setbacks.

“Unfortunately a military coup happened and they man-

aged to overthrow all these democratic institutions and started to arrest thousands of Egyptians, and even killed hundreds more who opposed the military coup," he said.

Now, the Calgary Egyptian community is asking the Canadian government to show their support for Egyptians by not dealing with the country's corrupt government.

"We are sending a message to Western governments and the Canadian government saying, just as you have congratulated Egyptian revolution and supported it at the beginning, don't fail it now by supporting or dealing with the military regime country of Egypt which has arrested many and has gross human rights violations happening every day," he said.

**The revolution was
a big hope for us.**

Mostafa Elhoushi

Sakr said she continues to fight for the rights of the Egyptian people.

They said they're happy to be living in Canada now, but have hopes for Egypt to change.

"I hope Egypt one day has the same good values as Canada," said Sakr.

TRANSPORTATION

Uber won't roll with proposed regulations



As the Taxi and Limousine Advisory Committee buckles down to go through 35 recommendations for an updated taxi bylaw, deciding on each aspect of the regulation individually, Uber already has its mind made up.

A new “regulatory matrix” was introduced for review by

the committee Friday with proposals including municipal licensing for both transportation network companies and their drivers, regulated meter rates as maximum rates for taxis, driver screening regulations, commercial vehicle insurance and more.

The room was full of both members of administration and major stakeholders including taxi drivers, and broker representatives. Uber representatives were not present

and had given their thoughts to administration before the meeting.

“City staff’s recommendations to regulate ridesharing are unworkable as the proposed rules essentially treat ridesharing as a limousine product,” wrote Uber spokesman Jean-Christophe De Le Rue.

“Moreover, Calgarians looking to earn some extra income for their families would have to pay almost \$500 in fees and

administrative costs in order to partner with a ridesharing company.”

"Administration is charging fees that are reflective of the cost recovery model for administration," said chief livery inspector Mario Henriques. "I'm not sure where they come up with the \$500 amount ... there are fees for mechanical inspections, police background checks, and if those are barriers to entry for Uber we're concerned about that."

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Non-profits feel the pinch

ECONOMY

Food bank able to survive despite the rising costs



Brodie Thomas
Metro | Calgary

The falling loonie is driving food costs up, and shoppers are feeling the pinch, but the Calgary Food Bank said it's ready to meet any challenges ahead.

A spokesperson at the food bank said the jump in prices has not affected it too much, but a close eye is being kept on the situation.

Shawna Ogston said the food bank expects rising prices will eventually increase the number of people who turn to it, as many will face choices between heating their home or filling the fridge.

The flow of donations is also expected to feel the effects.

"When someone is shopping, they tend to throw a bit of extra food in the donation



The food bank says it's somewhat insulated from rising food prices, but does expect some budget changes if prices continue to rise. JENNIFER FRIESEN/FOR METRO

bin," said Ogston. "If your food bill is a little bit larger at the end, there may not be enough wiggle room where shoppers can donate food."

She said the food bank is able to avoid the sticker shock because it has so many partners

in the food industry who are donating food or providing it at a fraction of the cost.

"Every dollar donated is turned into five dollars worth of food. We can use those relationships to make sure we're buying at a good price."

The Mustard Seed is also taking steps to protect itself from rising food prices.

Brandon Waardenburg, director of basic services at the Mustard Seed, said the rise in prices has been noticed as the organization prepares three

“If your food bill is a little bit larger at the end, there may not be enough wiggle room where shoppers can donate food.”

Shawna Ogston, food bank spokesperson

meals per day for its clients.

"For next year — as we start budgeting for our food expenditures we're looking at an extra thousand dollars per month."

The Mustard Seed provides brown-bag lunches for many of its clients who work.

"We have really good partnerships. The food bank is a huge partner for us," added Waardenburg.

He said the food bank has had donations of entire sides of beef from farmers in High River, and \$52,000 worth of poultry from Country Lane Farms.

"That helps us offer the protein, which can be quite expensive, to our guests."

IN BRIEF

Mom, daughters displaced by blaze in the southeast

A mother and her two daughters have been temporarily displaced after a house fire in southeast Calgary on Sunday.

Just after 2 p.m., Calgary Fire crews responded to the 2700 block of 76 Ave. SE for reports of smoke in the building. Crews noticed visible smoke through a window of the unoccupied suite. The fire was located and extinguished in the basement laundry room.

METRO

Fire crew extricate man from under CTrain car

One man was found trapped underneath a CTrain car in the city's northeast Saturday.

At 8:30 p.m., fire crews responded to an incident at the McKnight/Westwinds station, located on Westwinds Drive NE, according to the Calgary Fire Department (CFD).

Upon arrival, crews found a man trapped under the CTrain. Crews then extricated him without the use of heavy equipment, CFD said. METRO STAFF

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Calgarians help sisters with rare illness

COMMUNITY

Local group organizes fundraiser



Aaron Chatha
Metro | Calgary

As two Airdrie girls struggle with a neuromuscular disease that is slowly impacting their

ability to walk, one group of Calgarians is stepping up to help out the family.

Last year, Shanna Leavitt, single mother to the two girls, was devastated to learn both her daughters had the incredibly rare disease — and was unsure how she was going to renovate their two-storey home to accommodate the kids as their mobility diminished.

In December, an anonymous donor gave them a new

house, and offered to pay the mortgage until Leavitt could sell her old house and move in, which she is preparing to do in April. Now, KCCO Calgary, which has held fundraisers in the past for local organizations, is planning a fundraiser to help Leavitt make home renovations and take time off work to take the girls to their appointments.

"This is just one step," said organizer Mark Gay. "We plan

on being involved with Shanna afterwards, getting a group together on a weekend and going out there to do the simple things, like cleaning up the yard or helping with day-to-day stuff they might need in renovating and getting this new house in order."

The event takes place on Feb. 20 at the Brass Monkey Pub. More information is available at yycmeetup5.eventbrite.ca.



Kadence and Addison, 11 and eight, have a rare disease that will take away their ability to run and play. COURTESY AMANDA BALINT



Saima Jamal said the act of bringing people together to volunteer at the Syrian Refugee Support Group's warehouse opens doors for refugees and volunteers. LUCIE EDWARDSON / METRO

SYRIAN REFUGEES

Supporters invite student volunteers



Lucie Edwardson
Metro | Calgary

The students from St. Michael's Junior High School and St. Mary's High School know the importance of being an active citizen and this Saturday, they put those principles to work.

About a dozen students from the schools as well as a few of their teachers spent Saturday afternoon volunteering at the

Syrian Refugee Support Group's warehouse, getting a first hand look at what newcomers are going through.

"It's really nice to see people who don't have any connections to refugees and their families coming in and getting a first-hand experience of what it's like to help these people out," said one of the support group's leaders, Saima Jamal.

She said having the students visit the refugees and volunteer

at the warehouse can open many doors.

"We tell the students, now that you're here you are personally connected to the warehouse, when you go back to your class can you raise money to buy a few microwaves?" she said. "Can you raise awareness to see if anybody has iPods or laptops that are old that can be donated? Your school can do so much."

Giovanna Longhi, a Grade 9 teacher at St. Michael's said volunteerism is a big part of their community. She said volunteering at the warehouse allows them to also learn firsthand about things they are studying at school.

"We thought this was another great opportunity for our students to help out, use their energy for something good and learn a little bit about what we're studying in school which is immigration and refugee issues," she said.

We thought this was another great opportunity for our students ...

Giovanna Longhi,
Grade 9 teacher

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Edmonton plays with Pride

HOCKEY

Oilers support fundraising initiative for LGBTQ youth



Ryan Tumilty
Metro | Edmonton

The Edmonton Oilers put their support for LGBTQ youth on full display Sunday, endorsing Pride Tape and putting it on their sticks for the team's annual skills competition.

Pride Tape is an initiative of the Institute for Sexual Minority Studies and Services at the University of Alberta. A Kickstarter campaign is currently underway to make 10,000 rolls of the rainbow-coloured hockey tape.

The Oilers Community Foundation made an \$8,000 donation to the campaign, and players also had the tape on their sticks Sunday.

Director of the institute Kris Wells said the response since the campaign launched has been phenomenal.

"We have had supporters from all over the world come and back us," he said.

Wells said the support from the Oilers along with boosts from Hockey Night in Canada and Calgary Flames president Brian Burke have all moved them closer to their \$54,000 fundraising goal.

"Every time we see the NHL become involved, we see more people come back the campaign," he said.

Oilers defenceman Andrew Ference said he's proud to have his team endorse the idea. He said it shows how far the hockey world has come.



Sticks lined up outside the Oilers' dressing room were ready to go with the pride tape attached for Sunday's skills competition. COURTESY EDMONTON OILERS

"This conversation wouldn't have happened when I started playing hockey," he said.

Ference said all of his team-

mates were eager to endorse the idea and set an example for the young fans who came to watch.

"We know that trickle-

down effect will happen to the younger kids playing the same sport," he said.

Wells said the Pride Tape campaign is a really easy way

\$54,000

Pride Tape campaign's fundraising goal

to let people know they have the support of the community.

"Athletes are profound role models and by using Pride Tape they can send a message of support and inclusiveness without saying any words," he said.

Ference said growing up he had a friend who stopped playing hockey because he was gay and didn't feel comfortable in the locker room.

"It's something that means a lot to me, knowing that you've had friends who were directly affected."

Wells said when they reach their goal they hope to distribute much of the tape to minor hockey organizations.

He said they will also encourage them to make sure they're doing everything they can to be welcoming to LGBTQ players.

“Athletes are profound role models and by using Pride Tape they can send a message of support and inclusiveness. Andrew Ference

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Smart cars raising eyebrows

STUDY

Technology may threaten privacy, warns watchdog

The family car is learning more about who's behind the wheel — everything from where a driver likes to shop to how hard they brake — as automakers

roll out new tech-savvy features.

With cars collecting and even sharing more personal data, Canada's privacy watchdog is quietly trying to ensure manufacturers, retailers and insurance companies avoid bumps on the virtual highway.

"With connectivity, cars are becoming highly efficient data harvesting machines," said a 2015 study by the British Columbia Freedom of Information and Privacy Association.

Customer data generated by the connected car is now seen as a major new source of revenue for marketers and advertisers, the study found. Some insurance companies are offering coverage that sets premiums based on driving patterns.

When tracked, combined or linked with other available data, the information can reveal intensely private details of a person's life, making it vulnerable to abuse by thieves, stalk-

ers and others with malicious intent, the study said.

It argued automakers have failed to comply with their obligations under Canadian privacy law when it comes to giving customers adequate information and choice about how their data is collected and used.

The study recommended creation of data-protection regulations for the connected car and insurance industries.

THE CANADIAN PRESS



Wired vehicles, like the Smart Fortwo Cabrio, above, produce a bounty of valuable information for marketers and advertisers. AFP/GETTY IMAGES

PARKING

Cars abandoned at Edmonton airport

Telltale signs are flat tires, expired licence plates and heaps of snow.

Parking staff at the Edmonton International Airport regularly patrol its vast lots and keep a list of vehicles that have been sitting in the same spot for too long.

Last year, they counted roughly 120 abandoned cars and trucks.

Airport parking manager Brett Bain circles an older-model white Oldsmobile Cutlass Ciera and points out a 2009 sticker on its licence plate. He guesses the car hasn't been there for seven years, but long enough.

He strolls down the row to a dark-coloured Chevrolet Cavalier. It has no plate at all.

"They're not coming back," he says.

Bain believes there are many reasons why people have dumped or forgotten vehicles at the airport. Some are oil-patch workers from the Maritimes or Ireland who have lost their jobs in the Fort McMurray area or had family problems back home and weren't able to return to Alberta.

But he doesn't believe recent job layoffs in the oil industry

have resulted in more abandoned cars.

Sometimes, the vehicles aren't worth the effort or parking fees to get them out, he adds.

Other times, people go on vacation and die.

"Their family may or may not be aware that they had a vehicle here at the airport. There are many, many different reasons."

Airport spokeswoman Heather Hamilton says it can be a bit of a mystery. Some vehicles

look well-maintained and have personal items such as family photos and mail sitting inside.

"It looks like the person could be back in an hour," she says. "You sort of wish the car could talk."

Several other airports — from Whitehorse in Yukon to Perth, Australia — have experienced the same problem. In 2012, it was reported that loads of luxury cars were left at airports in the United Arab Emirates, where it was believed the owners were foreigners fleeing to avoid the country's tough debt laws.

An official at Calgary's airport says it only gets a few each year. THE CANADIAN PRESS



You sort of wish the car could talk.

Heather Hamilton

INVESTIGATION

Lumber yard accident kills two in New Westminster

The New Westminster Police Department's (NYPD) Major Crimes Unit has joined the investigation after two people died in an apparent industrial accident in the Metro Vancouver area.

NWPD spokesman Sgt. Jeff Scott says officers were called to a lumber yard in New Westminster early Saturday afternoon where they found two deceased

workers.

Scott says detectives are working in collaboration with the BC Coroner Service and Worksafe BC to investigate what he describes as "a very sad and tragic situation."

No other details, including the name of the lumber yard, have been released, and Scott says the names of the victims are being withheld as investigators still need to speak with their families.

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'We must stop and listen'

SASKATCHEWAN

Premier seeks aid from U.S.

LA LOCHE

Leaders need to be heard to stop violence: Victim's family

The family of a teacher who was among four people killed in shootings in northern Saskatchewan says the country must listen to the community for the kind of change that is needed to prevent similar tragedies from happening again.

The family of Adam Woods said what happened in this tiny community gives the country an "opportunity to examine ourselves and hopefully, come out better and stronger as a community and a nation. We feel sadness and remorse but rarely do we use that to fuel change."

In a statement, the family says the leaders of the village need to be heard to prevent similar losses in the future.

"Rather than looking for someone to blame, or coming up with outsider opinions of reasons why this occurred,



Adam Woods CONTRIBUTED



Marie Janvier CONTRIBUTED



Dayne Fontaine CONTRIBUTED



Drayden Fontaine CONTRIBUTED

we must stop and listen to the voices of La Loche. The leaders and members of the community know what types of support and changes are needed. Our responsibility as a nation is to listen and respond to create lasting systemic change."

The archbishop of Keewatin-Le Pas also made an appeal Sunday for the community to find hope for its young people at a service that he estimated 250 attended at the Church of Our Lady of the Visitation.

Archbishop Murray Chaitin met with the family Saturday night of a 17-year-old boy charged in the shootings to offer support in this "nightmare experience that they're going through and trying to offer them the support of the community."

"We're not blaming them. ... It's just, this has happened and now how do we bring healing and support and try to find ways for our young people to have more hope."

The 17-year-old boy, who

can't be named under the Youth Criminal Justice Act, is charged with four counts of first-degree murder, seven counts of attempted murder and unauthorized possession of a firearm. He is scheduled to make his first appearance Monday in Meadow Lake provincial court.

Saskatchewan RCMP say that during an eight-minute period in the La Loche Community school on Friday afternoon, nine people were shot.

THE CANADIAN PRESS

THE VICTIMS

Adam Woods, 35, who began teaching at the school in September, and teacher's aide Marie Janvier, 21, died after they were shot at the school.

Brothers Drayden Fontaine, 13, and Dayne Fontaine, 17, were discovered by the RCMP in a home not far away.

Saskatchewan Premier Brad Wall says his province is in touch with officials in the United States for help rebuilding after a school shooting.

Wall said the U.S. Ambassador to Canada, Bruce Heyman, called him Friday after four people were killed at the school and in a nearby home in La Loche.

He noted that, "quite tragically, the United States has more experience."

"He offered that perhaps those communities where these types of events have occurred in the past in his country ... they might be able to provide some counsel, some support, some ideas around approaches for the days ahead."

Wall said he has asked his deputy minister to "cavass that option with our American friends to find out perhaps what has worked better maybe than some other things."

THE CANADIAN PRESS

LEGISLATION

Federal government to repeal contentious section of Bill C-59

Michael Woods
Metro | Ottawa

Repealing anti-union legislation brought in by the former Conservative government will be one of the Liberal govern-

ment's "first orders of business," according to a senior Treasury Board official.

The commitment to repeal the section of Bill C-59 is a sign of improved labour relations between the federal government and public sector unions with both sides soon returning to

the bargaining table, one union head says.

"This government remains committed to bargaining in good faith with Canada's federal public sector," Carl Trotter, an associate assistant deputy minister at Treasury Board, said in a Jan. 21 email to public ser-

vice unions.

Section 20 of the law, which the then-Conservative government enacted last June, gives the federal government the power to bypass collective bargaining and unilaterally impose a new disability and sick leave regime.

Public sector unions decried

the move as unconstitutional and launched a court challenge.

The Liberals had committed to bargaining in good faith with public sector unions, but had not specifically committed to repealing Section 20.

The government has also said it won't exercise the pow-

ers in the legislation before repealing it.

"It's a step in a positive direction," said Debi Daviau, president of the Professional Institute of Public Servants of Canada. "We see a positive change in our ability to do labour relations with this government."

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SUFFRAGE MOVEMENT

Right to vote a clever campaign

It was the kind of savvy political strategy that politicians and lobbyists attempt to craft today: Stitch together a coalition of supporters from diverse communities, secure financial backers, mount a successful ad campaign, and earn some positive media coverage.

A group of women in Manitoba used it to win the right to vote a century ago.

The province was the first place in Canada to bring in women's suffrage, on Jan. 28, 1916. That triggered a wave of changes — first in Western Canada and finally at the federal level in 1919. Indigenous people, it should be noted, did not get the vote federally until 1960.

Members of the Political Equality League helped recruit and rally those disparate voices with speeches, meetings and articles in the papers. They had

paid organizers, and launched a major publicity blitz at the Winnipeg Stampede in 1913.

Social media and viral videos didn't exist, of course, but in 1914 the women created major buzz with a provocative play at the Walker Theatre in Winnipeg. Their mock Parliament parodied the intransigence of Manitoba Premier Rodmond Roblin, and imagined a parallel world where women were in power.

Roblin's government fell the following year amid scandal, and the new Liberal government finally extended the vote to women in 1916. Today, 29 per cent of the Manitoba legislature is composed of women lawmakers. Of the 14 MPs from the province, three are women.

"I thought in 100 years we'd be further along than we are, whether it's women in politics,



Fiona Bak views documents related to the passing of a 1916 amendment to the Manitoba Elections Act.

JOHN WOODS/THE CANADIAN PRESS

women on boards, women running big companies," lamented Myrna Driedger, founder of the Nellie McClung Foundation and a Conservative member of the Manitoba legislature.

THE CANADIAN PRESS



1 People dig out their cars in Alexandria, Va., on Sunday. Millions of Americans were preparing to dig themselves out Sunday after a mammoth blizzard with hurricane-force winds and record-setting snowfall brought much of the East Coast to an icy standstill. CLIFF OWEN/THE ASSOCIATED PRESS



2 Children slide in the snow in Central Park on Sunday in New York. FRANCOIS XAVIER MARIT/AFP/GETTY IMAGES



3 Charlie Katshir, 15, sleds in Siebert Park in Camp Hill, Pa., on Saturday. MARK PYNES/PENNLIVE.COM/THE ASSOCIATED PRESS

Blizzard breaks snowfall records

UNITED STATES

Single-day highs set across east coast amid hurricane winds

Millions of Americans began digging out Sunday from a mammoth blizzard that set a new single-day snowfall record in Washington and New York City. The hurricane-force winds and whiteout conditions gave way to blinding sunshine and temperatures slightly above freezing, promising a gentle thawing-out.

The timing could not have been better for East Coast states: The heaviest snow began falling Friday evening, and tapered off just before midnight Saturday. Millions heeded calls to stay home, enabling road crews to clear snow and ice.

New York and Baltimore began lifting travel restrictions and hearty souls ventured out on snow-choked streets, while mass transit systems up and down

the coast gradually restored normal service.

The air travel picture remained complicated after 7,000 weekend flights were cancelled: United Airlines said limited service might begin later Sunday in New York City, but airports in the Washington D.C. area were likely to remain closed Sunday, and other airlines began cutting Monday service.

The massive snowstorm brought both Washington, D.C., and New York to a stop, dumping as much as 90 centimetres of snow and stranding tens of thousands of travellers. At least 18 deaths were blamed on the weather, resulting from car crashes, shovelling snow and hypothermia.

In New York, the storm dropped 68.1 centimetres in Central Park, the second-most recorded since 1869 and just short of the record 68.3 centimetres set in February 2006. The 67.6 centimetres that fell on Sat-

107

The heaviest reported snowfall was **107 centimetres in Glengary, West Virginia.**

urday, however, was the city's record for a single day. At Washington's National Zoo, 56.9 centimetres fell, beating the 53.3 centimetres that fell on Jan. 28, 1922.

The storm dropped snow from the Gulf Coast to the north-eastern New England

states, with areas of Washington surpassing 75 centimetres. The heaviest official report was 107 centimetres, in Glengary, W. Va.

Travel conditions were improving from the dangerously snowy, icy roads that led to crashes that killed several people Friday and Saturday.

An Ohio teenager sledding behind an all-terrain vehicle was hit by a truck and killed, and two people died of hypothermia in southwest Virginia. In North Carolina, a man whose car had veered off an icy-covered road was arrested on charges of killing one of three men who stopped to help.

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The quake knocked items off shelves and walls in south-central Alaska and jolted the nerves of residents in this earthquake prone region. VINCENT NUSUNGINYA/THE ASSOCIATED PRESS

Four houses lost in quake

ALASKA

About 30 homes were evacuated

A magnitude-7.1 earthquake knocked items off shelves and walls in Alaska early Sunday morning, jolting the nerves of residents in this earthquake-prone region. But there were no reports of injuries.

Alaska's state seismologist, Michael West, called it the strongest earthquake in the state's south-central region in decades. Alaska often has larger or more powerful earthquakes, such as a 7.9 last year in the remote Aleutian Islands.

"However, last night's earthquake is significant because it was close enough to Alaska's population centres," West said, adding that aftershocks could continue for weeks.

The earthquake was widely

felt by Anchorage residents. But the Anchorage and Valdez police departments said they hadn't received any reports of injury or significant damage.

The earthquake struck at about 1:30 a.m. Alaska time and was centred 85 kilometres west of Anchor Point in the Kenai Peninsula.

Vincent Nusunginya, 34, of Kenai said he was at his girlfriend's house when the quake hit.

"It started out as a shaking and it seemed very much like a normal earthquake. But then it started to feel like a normal swaying, like a very smooth side-to-side swaying," said Nusunginya, director of audience at the Peninsula Clarion newspaper. "It was unsettling. Some things got knocked over, but there was no damage."

Four single-family homes in Kenai were lost to explosions or fire in the wake of

+ GOVERNOR

Alaska Gov. Bill Walker said in a statement Sunday that he was relieved there wasn't more damage. He urged all Alaskans to have a response plan for when a major natural disaster takes place.

the earthquake.

Two of the homes were destroyed in explosions and the other two were fully engulfed before firefighters determined it was safe enough from gas for them to enter the homes, Kenai battalion chief Tony Prior said. He said firefighters focused on keeping the flames from those homes from spreading to nearby houses.

"No injuries. Thank God," he said. "The second one was a major explosion. We're fortunate that no one was hurt."

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INVESTIGATION

Missing Hong Kong publisher's wife says she met him in China

The wife of a missing chief editor of a publisher specializing in books banned in mainland China has told police she has been able to visit him on the mainland, Hong Kong police said Sunday.

It is the latest twist in the disappearances of British citizen Lee Bo and four of his colleagues that

have intensified fears that Beijing is clamping down on Hong Kong's freedom of speech. Lee has previously written that he returned voluntarily to mainland China in letters to his wife, but his supporters believe he was kidnapped and smuggled to the mainland.

Hong Kong police said in a statement Sunday that Lee's wife had told them she had met him on Saturday afternoon at a guesthouse on the mainland.

She said he was healthy and in good spirits, and that he was assisting in an investigation as a witness.

She gave no further details regarding the location of the meeting or the nature of the investigation.

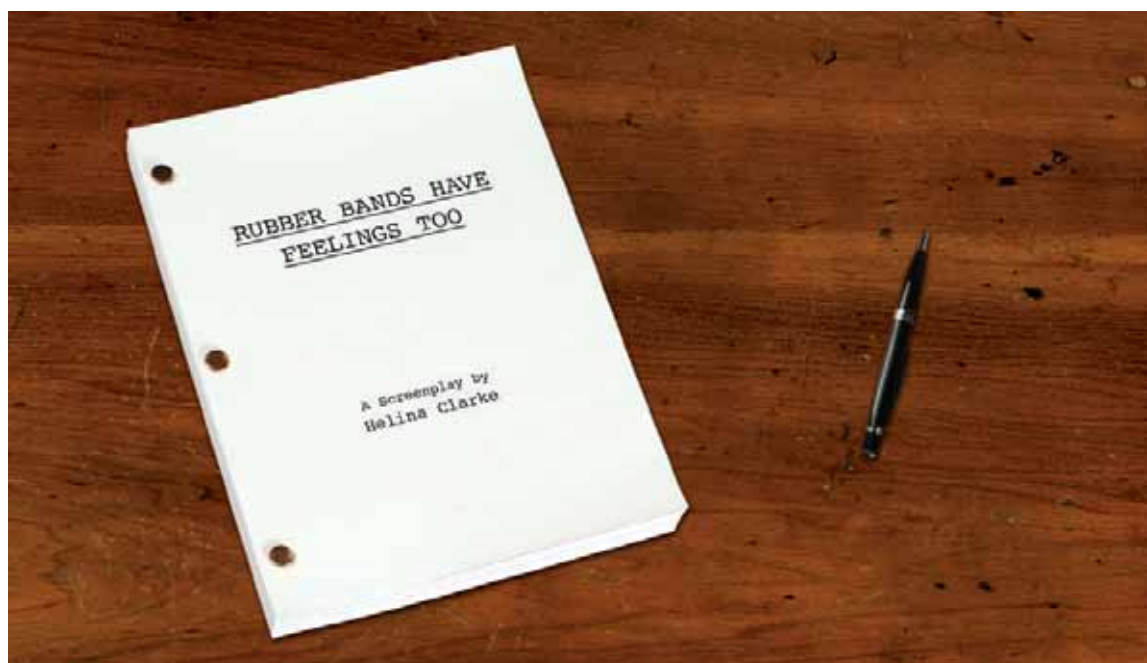
She also handed over a letter from Lee addressed to Hong Kong police. The police statement said its content was similar to his previous letters.

The latest development raises more questions than it answers. It is still unclear where Lee and the other four men linked to Hong Kong publishing company Mighty Current and its Causeway Bay Bookshop are exactly, what the investigation involves, and whether Lee is detained or there

voluntarily, as he has purportedly said in his letters.

Hong Kong police said they are continuing to investigate Lee's case and had again asked police in Guangdong province, over the mainland border, to assist in arranging a meeting with Lee.

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An elderly woman lies on a dock last Wednesday as she waits to be transferred to a nearby island after she arrived with others from Turkey to the deserted island of Papas, near Chios island.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

No stopping refugees

GREEK ISLANDS

Coast guard powerless to control most of the influx

In the inky nighttime blackness, a small red dot appears on the radar screen, moving fast.

"That's a smuggler," the captain of the coast guard's lifeboat says, swinging the vessel around and opening up the throttle, the boat cutting through the water on a frigid January night.

But the lifeboat, designed for search-and-rescue operations rather than high-speed chases, is no match for the smuggler's speedboat. The smuggler ignores the searchlight, the shouts and the warning shots fired by the Greek coast guard, deftly navigating his small white vessel onto a tiny patch of beach among rocks.

There he disgorges his human cargo — men, women and children risking their lives in a quest for safety and a better future in Europe. They use ropes to scramble up a cliff, heading toward a lighthouse on an island they are soon to discover is deserted save for an army

outpost. They will spend a cold, wet, uncomfortable night there until the coast guard can send boats in the morning.

Hour after hour, by night and by day, Greek coast-guard patrols and lifeboats, reinforced by vessels from the European Union's border agency Frontex, ply the waters of the eastern Aegean Sea along the frontier with Turkey. They are on the lookout for people being smuggled onto the shores of Greek islands — the front line of Europe's massive refugee crisis.

Although smugglers are often arrested, the task is mainly a search-and-rescue role. Hours spent on patrol shows the near-impossibility of sealing Europe's sea borders as some have demanded of Greece, whose islands so near to Turkey are the most popular gateway into Europe.

The sheer numbers have been overwhelming.

More than 850,000 people, most fleeing conflict in Syria and Afghanistan, entered Greece by sea in 2015, according to the UNHCR. Already in 2016, 35,455 people have arrived despite plunging winter temperatures and days of stormy weather.

THE ASSOCIATED PRESS

EGYPT

Tut, tut... bad glue job, guys
King Tut hasn't been around for a few thousand years, but his power remains: After a botched repair job of the famed pharaoh's beard left scratches on his burial mask, Egyptian prosecutors have ordered eight museum workers to a disciplinary court for "gross negligence."

The 3,300-year-old mask,

whose beard was accidentally knocked off and hastily glued on with epoxy in 2014, was scratched and damaged during the amateurish repair work, prosecutors said Sunday. Their statement implicated the then-head of the Egyptian Museum and the chief of the restoration department.

THE ASSOCIATED PRESS

POLITICAL RHETORIC

Trump confident in his own popularity

Donald Trump is so confident about the loyalty of his supporters that he predicted Saturday they would stick with him even if he shot someone.

The Republican presidential front-runner bashed conservative commentator Glenn Beck's support of rival Ted Cruz and welcomed a figure from the GOP establishment, Sen. Chuck Grassley of Iowa, in rallies nine days before the Iowa caucuses open voting in the 2016 campaign.

"I could stand in the middle of Fifth Avenue and shoot somebody, and I wouldn't lose any voters, OK?" Trump told an enthusiastic audience at a Christian school, Dordt College. "It's, like, incredible."

Beck campaigned for Ted Cruz and held little back in going after Trump. "The time for silliness and reality-show tactics has passed," Beck charged at a Cruz rally. He



Donald Trump
GETTY IMAGES

warned that a Trump victory in the Feb. 1 caucuses could have lasting consequences.

Trump demonstrated the extent to which some in the Republican establishment have begun to accept a potential Trump nomination when Grassley introduced him at an event in Pella.

Grassley did not offer an endorsement, but his presence

underscored Trump's enduring position at the top of the polls as voting approaches.

Days after Trump was endorsed by tea-party favourite Sarah Palin, Cruz flashed his own conservative muscle during a rally in Ankeny, Iowa. Rep. Steve King, an Iowa Republican and conservative firebrand, and Iowa social conservative leader Bob Vander Plaats encouraged local Republicans to unite behind Cruz.

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MANAGER'S WEEKLY SPECIALS

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Gap grows between oil and pump prices

Prices at the gas pump fell 4 per cent in December, but crude prices fell by more than three times that amount during that time. Gasoline prices in Canada averaged \$1.02 per litre last month, when crude averaged \$37 US a barrel. But in February 2009, when oil sold for \$39, the average price for gas was about 15 per cent cheaper at 85 cents a litre.

The Bank of Canada noted, in its Monetary Policy Report last week, a growing gap between oil prices and pump prices in the second half of 2015, when crude fell sharply. The companies who refine crude into gasoline are taking a bigger piece of the pie, said Robyn Allan,

an independent economist in Vancouver.

Between 2000 and 2014, refining and marketing margins averaged 17.7 cents a litre. But in 2015, the average margins grew to 28.9 cents per litre, she found. That average refinery margin grew to 32.3 cents per litre in the first few weeks of this year, as oil prices fell rapidly, she noted.

Oil companies are keeping more profits to refine the oil into gasoline in order to offset what they are losing in production profit, which increases prices at the pump, said Roger McKnight, chief petroleum analyst for En-Pro International.

TORSTAR NEWS SERVICE

Impact of low loonie not same for all sectors

Manufacturing, tourism benefit while jobs and food hit hard



Michael Woods
Metro|Ottawa

The Canadian dollar is hovering around 70 cents against the U.S. dollar after reaching a 13-year low last week. Such a low loonie has economists sounding the alarm about declining business and consumer

confidence.

While the effects of the low dollar are complex and affecting many different parts of the Canadian economy, different regions of the country will be impacted differently.

Here, we take a look at the effects of the low loonie on cities from coast-to-coast in different economic sectors.

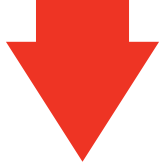
MANUFACTURERS AND EXPORTERS

Conventional wisdom is that a lower Canadian dollar is better for companies that export a lot of their products to the U.S. In Ontario, where manufacturing was particularly hard-hit during the recession, manufacturing sales are up by 21 per cent over that period, excluding petroleum refining. In Nova Scotia, lobster exports — worth \$385 million annually — will also see a boost. The lower dollar can also make Canada more attractive for foreign investment.



PRICE OF FOOD

Canadians are already feeling the effects of the faltering loonie at the grocery store. According to researchers at the University of Guelph, the sudden currency drop in 2015 led to fruits, vegetables and nuts increasing in price by up to 10 per cent. This year, that could increase by another 4.5 per cent. For example, cauliflower prices have tripled, with a head now selling for about \$8 in some Toronto stores. That means the average household will spend \$345 more this year than last year for the same food, researchers say.

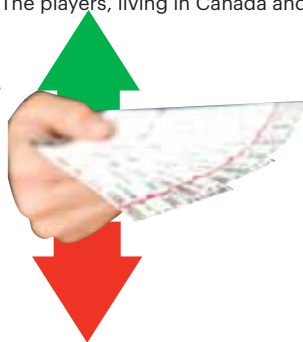


JOB

In certain areas, the low dollar helps employment. Cities with strong film and television industries, such as Montreal, Toronto and Vancouver, are disproportionately benefitting compared to cities such as Winnipeg and Edmonton where that sector is less prominent. Provinces with a strong agriculture sector, such as Manitoba, and B.C., are doing well. That's due to more exports south of the border and low commodity prices. But other sectors, such as manufacturing, are slower to react.

TOURISM

The low dollar may have some Canadian families reconsidering that trip to Florida they were hoping to take this winter. But it's good news for popular Canadian tourism destinations. American tourists enticed at the possibility of a cheap vacation have more reason to travel north of the border. Whistler, B.C. had its busiest November ever in terms of nights booked, up 10 per cent from a year ago, said Tourism Whistler spokeswoman Patricia Westerholm. The pace of booking heading into the holiday period outperformed the last two years. Anecdotal, businesses are seeing an increase in the number of American visitors to the resort, she said.



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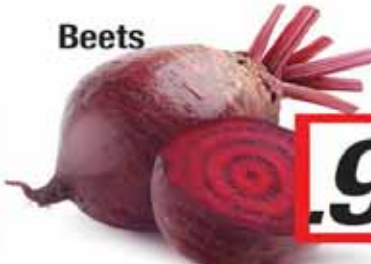
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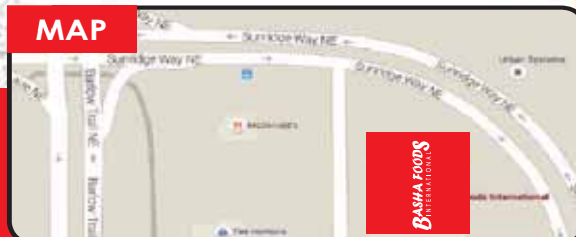
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HOURS

THE BIG QUESTION

Could Donald Trump really become the U.S. president?

If you're a betting person, you probably shouldn't put your money on him. Real-estate and reality-TV magnate Donald Trump is estimated to have 45 per cent odds of winning the Republican Party nomination by the website Predictwise, which analyzes "prediction markets" — basically, people who are betting on the outcomes of real-life events, whether it's the winner of Wimbledon or the future occupant of the White House. Such markets, research shows, tend to be more accurate than opinion polls at guessing election results. So the possibility of the brash (and, some say, bigoted) Trump winning the nomination is very real: The next most popular candidate, Marco Rubio, is a distant second at 31 per cent. Ted Cruz is trailing at just 11. However, if Trump ends up in November's general election, it's likely himself he'll be calling a loser. Gamblers have placed just 16 per cent odds on a Trump takeover of the Oval Office.

Oppose the transitway? Find solutions, not spin

KLASZUS' CALGARY

Jeremy KLASZUS



It's a well-known PR maxim: If you don't tell your story, someone else will.

City hall has struggled to communicate regarding its proposed Southwest Transitway, a 22-kilometre bus rapid transit (BRT) route that would run from Woodbine to downtown. Now a group of residents opposed to the project is doing it for them.

The group, which calls itself Ready to Engage, clearly has deep pockets, strong organization and a hungry audience. The crowd of southwest

Poor transit service contributes to limited ridership.

Calgarians that attended the group's info session last week was multitudinous, with hundreds of people inside and a long line spilling out the door.

Local frustration is understandable — traffic by the Glenmore Reservoir has long been a headache.

The group's complaints are legion, ranging from construction congestion to emissions and noise from the new buses. They dislike pretty much every aspect of the planned project.

But much of the information presented by Ready to Engage is questionable at best.

As part of the transitway, the city plans to add two bus-only lanes to 14 Street S.W. between Southland Drive and Glenmore Trail. Existing traffic lanes will be narrowed by less than eight inches.

Ready to Engage argues that narrowing the lanes is worrisome, and that barriers separating car lanes from bus lanes "will compromise driver

safety."

At the same time, the group says the design will create a "Deerfoot Trail-style expressway."

So which one is it? Will this be like Deerfoot, with its wide freeway lanes? Or will the road be dangerously crammed?

Ready to Engage is summing contradictory boogeymen. The group also suggests that current bus ridership in the area is indicative of how many people would use the new transitway.

This flawed logic has been used to combat all kinds of transportation projects: Because people aren't using the thing that hasn't been built yet, it should not be built.

In reality, poor transit service in the area contributes to limited ridership. "It's almost unusable," says Andy Tylosky, a Haysboro resident who attended the info session.

Tylosky is unhappy with city hall's lousy communication

regarding the BRT project, but has no beef with the plan.

"Something has to be done," he says. "This is a very, very difficult area of the city to get around."

The city has estimated the annual ridership of the transitway at 12 million. Ready to Engage wants specifics and more consultation. "We're saying, show us the numbers," says spokesperson Rick Donkers.

"We want to see a ridership study that says we're wrong."

While the group wants the city to put the project on hold, residents like Tylosky want a solution, not just opposition.

"Everybody's up in arms and upset — and they have a right to be upset — but there's not one solution being offered," he says.

Spin alone won't fix the problem.

Jeremy KLASZUS is a Calgary-based freelance journalist and stay-at-home dad.

metroview

There are reasons the Oscars are #sowhite. Let's fix one of them.



Deena Douara Karim
Metro | Toronto

When I was a teacher, I wrote an assignment that examined social justice through probability. It was called Is It Fishy or No? "A student complains a teacher is unfair because she always calls on girls. Seven girls and three boys keep their hands up. Of 100 questions, the teacher called on girls 73 times. Is it fishy?"

I could have used #OscarsSoWhite, the racial disparity in nominations that's prompted calls to boycott. Of the major categories, 41 nominees were white, one was Asian and one was Latino.

While the focus has been on black under-representation (13 per cent of the American population), missing too are Latinos (17), Asians (six) and Arabs (one). We're all in the room, but how many have their hands up (apply, audition, send scripts) and don't get called on by the industry?

From a probability stance, it's not clear enough flawless films were made by, about or starring non-whites to establish fishiness, nor to determine if this is a Hollywood-wide trend (especially since the Golden Globes did include Straight Outta Compton, Will Smith and Idris Elba).

The useful question is not if the academy is racist, but whether it matters that most nominees are white, and if so, how does that get addressed?

First, it does matter. Minorities have different stories to tell. Different sensibilities and styles, perhaps. Differ-

ent inspiration and youth to inspire. Stereotypes to belie and shatter.

As UCLA's Bunche Center phrased it: "When media images are rooted primarily in stereotype, inequality is normalized and is more likely to be reinforced over time."

There are institutional barriers preventing people of colour from success in media, but one that's rarely discussed is self-imposed. The odds are already against non-whites. Maybe we should reconsider our values and priorities.

There are some commonalities across the immigrant experience, but I know Arab and South Asian communities best. We value physicians, engineers, pharmacists and accountants — in that order and above all else. Professions of respect, but not influence; careers that are invisible in a time when we need to have our hands up. What images do Arabs have to compete with Osama bin Laden's disheveled beard?

If our stories aren't told, we need to write them. Communities unhappy with what is reflected back when we tune in, pay up and vote should be encouraging, admiring and granting scholarships for paths that are riskier, less cushy, but far more visible. Journalism and production. Filmmaking and screenwriting. We need to be in and around politics — where there are far too few minorities of any kind.

In a class of 10, if seven girls have their hands up and three boys do, how can we get the rest of the boys to wake up?

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Maximize your investment

NEST EGG

You need to take advantage of all options available

Michelle Williams

If you're making RSP contributions, you'll have to make some decisions about where to invest. Here's a quick look at the most common investments and how risky they are:

Guaranteed Investment Certificates (GICs)

This is the most conservative way to invest.

"These certificates are issued by banks and trust companies, offering a secured rate of return over a fixed period of time," says Kathleen Peace, partner and wealth advisor at Woodgate Financial. "It's a secure investment that guarantees 100 per cent of the original principal that you invest."

The investment earns interest at a fixed or variable rate that is generally higher than savings-account rates, with a limited guarantee of up to \$100,000 per GIC provided by Canada Deposit Insurance Corporation (CDIC). However, the rate of return compared to other investment securities is relatively low.

Bonds

Less conservative than GICs



When it comes to investing, a diverse portfolio helps reduce your risk. ISTOCK

but generally not as risky as stocks (with the exception of high-yield or junk bonds).

"A bond is a debt investment: you loan money to a corporation or government, which borrows from you for a defined period of time. You earn interest at a variable or fixed interest rate, essentially becoming a creditor of the bond issuer," explains Peace.

Like GICs, the risk can be lower compared to some other investments vehicles, but so is the return.

Stocks

Typically riskier than bonds or GICs. Also known as shares or equities, stocks are parcels of a company that you can invest in.

"As an owner, you have a

claim on assets and earnings, but you're also at risk of losing money when stocks go down," says Peace.

Some stocks are naturally riskier than others. However, the rate of return can be higher than other investments.

Mutual Funds

Pools of securities like stocks

or bonds within a sector, such as real estate or mining. They can also be diversified across all industry sectors, countries and types of securities.

The risk factor and rate of return would vary depending on the fund, explains Peace. An investor might choose a mutual fund for a more diverse portfolio.

+ WHY DIVERSIFY?

The logic is simple: don't keep all your eggs in one basket.

Investments can react differently to market, global, regional or industry upheaval; one investment can rise while another can fall. A diverse portfolio reduces your risk by helping to keep the overall value of your holdings in balance.

"Consider a portfolio made up solely of hospitality-industry stocks," says wealth advisor Kathleen Peace. "If global growth slows and people don't have enough money for travel, hospitality-industry earnings may suffer. As a consequence, your portfolio could experience a significant downturn and you could lose money. By comparison, imagine a portfolio holding both hospitality and digital-media stocks. The digital-media stocks may outperform during the same global downturn as people increasingly use technology and digital entertainment as a substitute for travel."

Diversifying doesn't guarantee against loss, she adds, but it goes a long way toward minimizing your risk.

MICHELLE WILLIAMS

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Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Make a strategy for saving



THE CHALLENGE: Metro's finance guru Lesley-Anne Scorgie has 11 weeks remaining to transform the finances of two recent graduates — Annick, 24, and Yolanda, 27 — by helping them get out of debt, save money and track their spending. This week we'll focus on Yolanda.

THIS WEEK: A web communications specialist, Yolanda makes \$42,000 per year and spends \$750 a month on rent. Her goals are to save a \$25,000 down payment for a condo purchase in three years, grow her retirement savings and go on a trip each year.

NEXT WEEK: Annick owes money on her credit cards, to her family, and the government for her student loans. Who should she pay off first?

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Yolanda, 27, Mississauga, Ont

NET WORTH:
\$ 4,800



Yolanda has traded in a higher paycheck for a job that she's passionate about with a national charity that helps children in developing countries. She's learned to live within her means, but we've recently discovered she's a binge saver. Yolanda contributes regularly to her RRSP and TFSA, and then in moments of weakness, drains the accounts for clothes, travel and entertainment.

In our money coaching session last week, Yolanda learned that every time she withdraws from her RRSP before retirement, she loses the contribution room permanently and pays a withholding tax to the government — ouch!

Her TFSA withdrawals are less of a problem because she can retain her contribution room and doesn't pay taxes when she withdraws her money.

In both cases, however, dipping into her RRSP or TFSA accounts prematurely means Yolanda won't capitalize on each account's tax advantages and she won't grow her down payment and retirement savings.

THE LESSON: Yolanda is using her RRSP and TFSA like a bank account rather than for long-term savings.

Yolanda has the right idea, which is to save through regular monthly contributions to her RRSP and TFSA, but she's over contributing and not leaving enough cash in her chequing account to pay for day-to-day expenses. So when something like a wedding creeps up, she's forced to liquidate her

\$ MONEY

A surprise

After closer examination of Yolanda's finances, we learned that her defined contribution pension is worth three times what she'd originally thought thanks to her employer matching her contributions to the plan.

Assets

RRSP	\$225
TFSA	\$725
Pension	\$3,850
Total Assets:	\$4,800

Liabilities

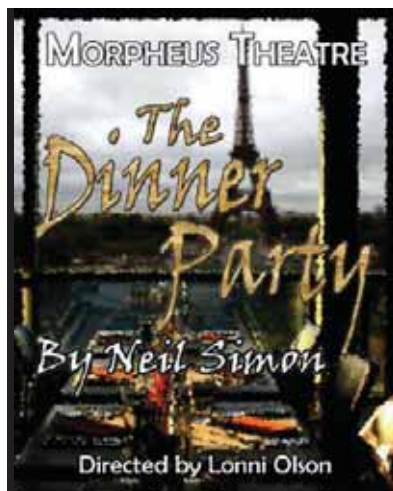
Visa	\$0
Master Card	\$0
Total Liabilities:	\$0

Net Worth: \$4,800

RRSP and TFSA to pay for a gift.

Yolanda needs to contribute less to her RRSP and TFSA to free up monthly cash flow for regular expenses. She will drop her RRSP contribution to \$150 from \$200 and TFSA contribution to \$250 from \$350. This action will free up \$150 per month. Yolanda will transfer \$50 of that money into a savings account for smaller one-off purchases.

This plan ensures Yolanda uses the right accounts for her short-term spending and long-term saving.



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By Neil Simon • Directed by Lonni Olson

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Set your course with solid goals



Your goals need to be specific. If you want to buy a home, what kind of home do you want? If you have kids, how much will you have to save for their education? ISTOCK

BUDGETS

You need to know where you're going to get there

Gail Vaz-Oxlade
For Metro Canada



With a new year in front of you, you can keep doing what you've always done. But then you shouldn't expect a different outcome. Or you can set some goals and do something different.

If you don't know what you want, if you don't lay a plan for getting from one point in your life to another, you're just wandering in the woods blindfolded. You're probably going to tumble down a steep slope, trip over some roots, or fall in a hole. You will get hurt. And then you'll be angry, frustrated, or sad. Wouldn't it just be easier to take off the blindfold?

You must be clear about what you want. If you want to buy a home, what kind do

you want? A condo, a townhouse or something that's fully detached? Where do you want to buy? In the city, the 'burbs or in the country? And how much are you prepared to go into the hole?

Know that you'll move at a different pace for goals depending on what else is going on in your life. What's most important is to keep moving forward. If you've got kids don't ignore the educational savings plan.

Putting just a little away each month moves you towards the goal. Ditto saving for retirement and building an emergency fund. If you want to get your debt paid off you need to make a plan to get it gone by a specific date.

Let's say you decided to take 36 months to get out of debt. Out of nowhere comes a windstorm and half the shingles blow off your roof.

Hey, that's life. You have to be prepared to adjust your plan as life happens, keeping your goals front and centre. So you fix the roof and then you get right back on the debt-repayment plan.

You can work towards more than one goal at a time. But you

need to be prioritizing as you go. Don't bite off more than you can chew. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans?

Don't expect the journey to where you're going to always be a smooth one. Life happens, and you have to be flexible enough to cope.

Determination is what separates those who are serious about achieving their goals from those who are just dreaming. The folks who are waiting for whatever they want to fall into their laps end up confused by the wiggly roads they must venture down.

But waiting around for "the fish to bite" or "a better break" won't get you to the place you want to be.

If you're serious about what you want to achieve you won't be happy waiting to see what life brings you. You'll want to set a goal, make a plan, take a step. You'll want to be in charge.

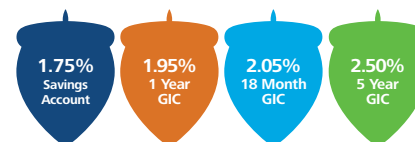
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REPORT CARD WHICH PROVINCES GOT TOP MARKS IN HISTORY?

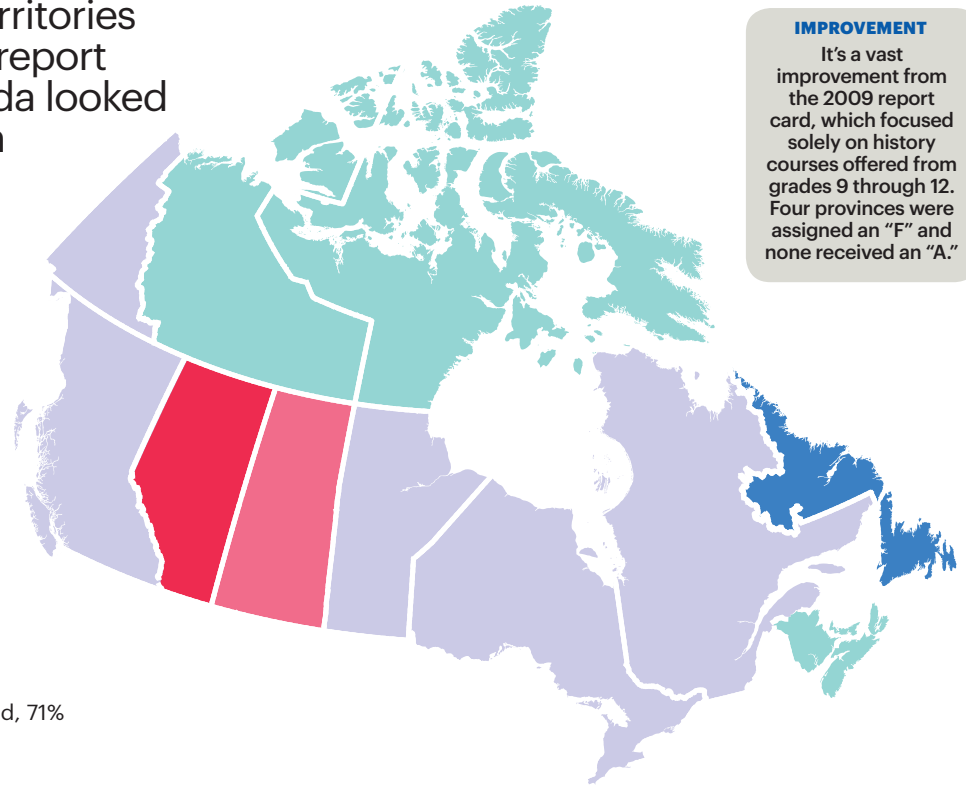
The majority of Canada's provinces and territories have been assigned high marks on a new report card on history education. Historica Canada looked at social studies and history curricula from grades 7 through 12. **THE CANADIAN PRESS**

THE METHOD

Evaluations were conducted for three main factors: curriculum content; development of critical and creative thinking skills; and the amount of mandatory Canadian history content at junior, intermediate and senior levels. The report card noted that curricula changes in recent years "have demonstrated the need to better incorporate diverse perspectives," such as those focused on indigenous peoples, gender and women's history and multiculturalism. It also outlines recommendations for further improvements, such as mandating at least one Canadian history credit as a high school graduation requirement, and establishing a clear balance between national and provincial/regional history.

OVERVIEW OF FINAL GRADES

- A-** Ontario, 82%; British Columbia, 81%; Quebec, 80%; Manitoba, 80%, Yukon, 81%
- B** Newfoundland and Labrador, 75% (anglophone)
- B-** Nova Scotia, 73%; New Brunswick, 71%; Prince Edward Island, 71% (all anglophone); Northwest Territories, 72%; Nunavut, 72%
- C+** Saskatchewan, 69%
- C-** Alberta, 62%



IMPROVEMENT

It's a vast improvement from the 2009 report card, which focused solely on history courses offered from grades 9 through 12. Four provinces were assigned an "F" and none received an "A."

TECHNOLOGY

Meet Canada's 'beer whisperer'

Andrew MacIntosh understands beer in ways few others can comprehend — on the microscopic level, in its broader historical sweep, and in its sensual appeal.

Though he's reluctant to use the term, he is on his way to becoming Nova Scotia's beer whisperer — part academic, part business mentor — using science

to troubleshoot the challenges facing the province's "exploding" craft brewery industry.

The professor at Dalhousie University in Halifax is an expert on fermentation, and is also studying to become a cicerone — the brewing equivalent of a sommelier.

MacIntosh is part of the new

Canadian Institute of Fermentation Technology, established last summer to help grow the brewing, distilling and wine industries. Supported by public and private funding, the institute offers scientific analysis of products using gear that no small business could afford. It also provides help with improving methods of mak-

ing wine, beer and spirits. So far, much of MacIntosh's work has been focused on craft beer.

Inside a laboratory stuffed with high-tech equipment, MacIntosh uses a microscope to spy on the tiny yeast cells that convert sugar into alcohol and carbon dioxide — the magical microbiology behind fermentation. With great precision, MacIntosh is using his skills to instruct craft brewers on how to adjust recipes and improve production.

However, much of what the

institute does is top secret — for competitive reasons.

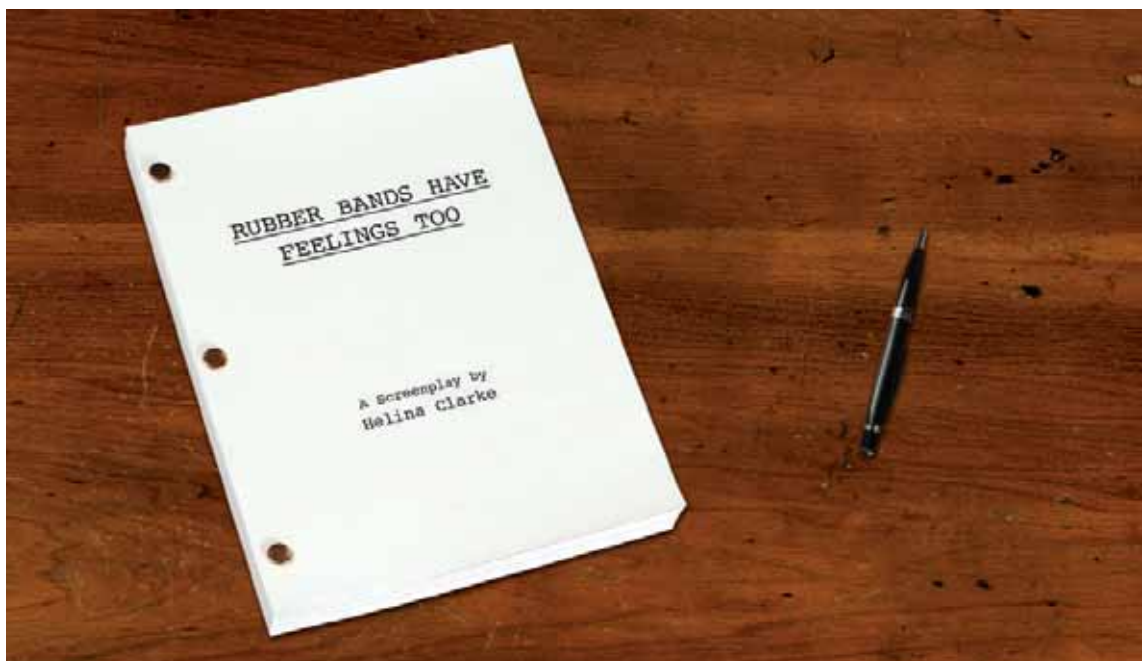
Among other things, MacIntosh and his colleagues are working on a new method for making sparkling wine. They are also trying to find a cost-effective means of measuring alcohol in distilled products, and shortening the lagering process.

The institute is an offshoot of the Canadian Fisheries Institute of Technology, a 30-year-old endeavour that continues to support the seafood and nutritional

supplements industries.

"Unfortunately, fisheries industry research is heading downhill," says MacIntosh. "So we looked at the other industries that are up-and-coming in Nova Scotia and the Maritimes."

In the past decade, the number of craft breweries in the province has grown from less than 10 to more than 30. Amid the growing competition, craft brewers are turning to MacIntosh and his colleagues to perfect their suds. **THE CANADIAN PRESS**



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

The 'gently sexist' lyrics of Glenn Frey

THE SHOW: Eagles concert, 1977 (YouTube)**THE MOMENT:** The Crush

Singing Take It Easy on stage, Glenn Frey — co-leader of the band The Eagles, who died last week, age 67 — has sunglasses on his head and hair to his shoulders. He sports a moustache, a random T-shirt, jeans. He's smiling at the girls in the front row, who smile back adoringly beneath their centre-parted hair. He is the 1970s.

I was 15 that year, and I saw the Eagles live in Philadelphia. Before going, I had one of the more hilarious conversations of my life, with my stepfather Jake, a straight-up guy who loved the Eagles, too — the football team. He could not understand why I could not understand that he wanted to come with me. "But I'm going on the Party Express," I said — a bus that allowed kids to drink and smoke dope, run by my rock station, WZZO. ("The Zoo, man!" — always said with devil-



Glenn Frey at a show in 1978. TSS/TORSTAR NEWS SERVICE

horn fingers wagging.) Jake's expression when he realized the Eagles was also a band is one of my fondest memories of him.

There were only three things you needed to know about Frey if you were 15 in 1977: He was cute. He was a good singer. He liked girls. If his lyrics sound gently sexist now, well, they were. (It's not as if music has

become less misogynistic.) One of the great upheavals in sexual mores was occurring. Frey was writing about it. And some of us were dancing in our seats, high above the stage, waiting our turn.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MUSIC

Macklemore uses his privilege to call out white privilege

Ned Ehrbar
Metro | Hollywood

Hey, Macklemore is back — and he's tackling the subject of white privilege and cultural appropriation, which is nifty. Except he's doing it in a nearly-nine-minute-long track called White Privilege II, which is downright self-indulgent.

But hey, nobody's perfect. His racial sensitivity hand-wringing is pretty soul-searching and self-critical, but he also takes a moment to name-check some fellow artists like Miley Cyrus, Elvis Presley and Iggy Azalea.

"You've exploited and stolen the music, the moment, the magic, the passion, the fashion you toyed with, the culture was never yours to make better," he raps. "We take all we want from black culture, but do we show up for black lives?"

As it turns out, Azalea has heard the track, and she's not too pleased with the shout-out. "He shouldn't have spent the last three years having friendly convos and taking pictures



Macklemore calls out white privilege in rap. GETTY IMAGES

together at events if those were his feelings," she tweeted in response to a fan query about it.

Essence magazine entertainment director Cori Murray said she appreciated Macklemore's honesty.

"I don't think there's an easy answer, and I think that he

really did just say very plainly, ... 'I know I'm appropriating black culture, but I'm trying to do it in the most authentic way,'" Murray said.

Macklemore & Ryan Lewis released the song the week Spike Lee, Will Smith, Jada Pinkett Smith and others said they were skipping the Academy Awards because of two straight years of all-white acting nominees.

The Seattle-based duo's website says the song "is the outcome of an ongoing dialogue with musicians, activists, and teachers within our community in Seattle and beyond."

WITH FILES FROM THE ASSOCIATED PRESS

he shouldn't have spent the last 3 yrs having friendly convos and taking pictures together at events etc if those were his feelings



@IGGYAZALEA



SUNDANCE

Manchester by the Sea gets standing ovation

No one shows the landscape of human grief and trauma quite like Kenneth Lonergan.

It sometimes seems like the playwright turned director of both You Can Count On Me and Margaret knows us better than we know ourselves. His movies look and feel like life — it's no wonder our souls can only handle one every few years.

Manchester by the Sea, his third feature which premiered at the Sundance Film Festival on Saturday to a massive standing ovation, is truly a masterpiece.

In its simplest form, Manchester by the Sea is about family, tragedy and aftermath. Casey Affleck plays Lee Chandler, a custodian in Boston for some scummy apartment buildings. He lives alone in an unadorned room. He fixes toilets as silently and as stoically as one can. He turns down frequent advances with a simple "that's all right." And he gets into bar fights of his own making.

Then his brother (played by Kyle Chandler) dies and he must return to his hometown to take care of his teenage nephew, Patrick (Lucas Hedges), forcing him to explore the reasons he had to leave years ago.

After the film premiered, Affleck told a sobbing audience that the experience has made



Affleck is generating Oscar buzz with his performance in Lonergan's latest. CONTRIBUTED

him a better actor.

Hedges, who had a small role in Moonrise Kingdom said, too, that the raw emotion of so many of the scenes are "often more fulfilling and therapeutic than destructive."

"People find ways to live with real tragedy, but some people don't," Lonergan said. "I thought maybe they deserve to have a movie made about them too."

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Justin Bieber makes Chelsea Handler uneasy

I've been telling people that Justin Bieber is the worst — just the absolute worst — for years now, and finally someone's chiming in to agree. Well, sort of.

Chelsea Handler took some questions during a Sundance Film Festival event this weekend, and one of them had to do with which celebrity was her worst interview subject.

At first, she didn't really have an answer, but then: "Just Bieber maybe, because he was trying to flirt with me and it was so uncomfortable," she says.

"Like, that's his shtick. He would come on and flirt with you and you just felt like a child molester right away. And I didn't want to feel that way. I think he does that with everybody." See? The worst. NED

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SENIORS' HOUSING FORUM

Challenging the typical dementia care practices

Program gives people control over care

Lifestyle Options, a company that runs a number of different retirement communities in Alberta, is trying a new approach to caring for their residents with dementia. It's called the "butterfly approach" and it gives the person in care more control over their day-to-day life.

"The residents are encouraged to do their usual activities like they are living in their old home," says Renate Sainsbury, the executive director at Lifestyle Options. "They help set tables, help bake and more. They pour their own coffee or make their own tea according to their taste."

The staff don't wear uniforms. Instead,

they come to work dressed in casual clothes to help the residents see them more as a neighbour or friend and not just a caregiver. And you won't find any blah beige or grey walls — they've been painted bright colours and the hallways have been covered with vibrant paintings to catch the eye.

"All these enhancements create a positive, social environment, triggering memories and encouraging conversations to take place," says Sainsbury. "It avoids an institutional feel and offers instead a home-like environment where residents thrive and are happy."



ISTOCK

Lifestyle Options is shifting its care services from providing task-based care to trying to achieve a real emotional connection and be more person-centered. The idea is that feelings matter most in caring for people with dementia. "We all crave real human connection," says Sainsbury. "This applies even more to people living with dementia."

Painting the walls and training the staff to apply the butterfly approach philosophy in everything they do creates a more welcoming space for the people who live in the retirement communities. "It ensures that the home is the resident's home thus the residents have the control," she says. The staff's role is to assist the person with dementia and work with them to create meaningful experiences instead of just completing a task.

Managers at the various Lifestyle Options retirement communities are helping to achieve this transformation in care by changing the way they work with their staff and ensuring they lead by example.

"We are shifting from managing to leading, from over-emphasizing physical care to prioritizing and balancing it with emotional care," says Sainsbury. "These shifts are significant and whilst the concepts of family, closeness and mattering may be simple, the achievement of these shifts in a care home culture and environment are complex and need to start with the leader."



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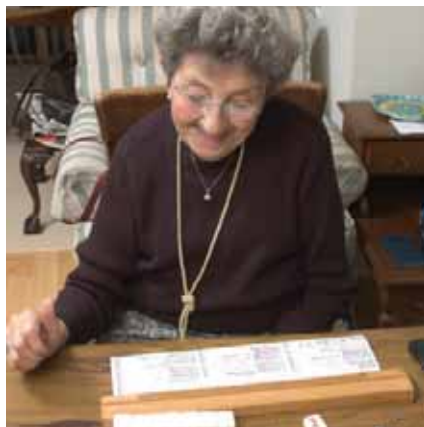
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Program helps find housing

One option for people with lower to moderate incomes that need a place to live independently is the Seniors Self-Contained Program. The program brings together community and government supports to provide housing to about 15,000 older adults in Alberta who are able to live in their own apartments.

The Seniors Self-Contained program, which is run by the provincial government, is helping seniors in more than 200 communities across the province. A senior is eligible to apply if their income falls below

certain limits (that vary from municipality to municipality) that are listed in The Core Need Income Thresholds (CNIT) document. People are prioritized according to their need.

The older adults, most of who live alone in a one-bedroom apartment, are able to manage on their own either with or without community supports such as home care visits or Meals on Wheels. The apartments that they are living in are owned either by the province, the municipality or a local housing management agency.

"Because the residents are lower-income and rents are capped, many of the buildings operate at a deficit," explains Trent Bancarz, a public affairs officer with Alberta Seniors department of the provincial government. "These operating deficits are covered by the provincial and federal governments and in some cases, municipalities, as well."

The local housing management agencies manage the various properties around Alberta as well as selecting the appropriate residents to live in the apartments.

"Generally, residents pay rent based

on 30 per cent of household income," says Bancarz. "Some local housing management bodies set a maximum basic rent for seniors' self-contained housing, regardless of resident income. Residents in these situations would either pay rent based on 30 per cent of income or the maximum basic rent, whichever is less."

The rent the older adults pay for their self-contained unit also includes their heat, water and sewer bills. But the tenant is responsible for paying for other services themselves, such as electricity, their phone bills and/or cable TV. If the senior drives a car and requires a parking spot at the building, they pay for that themselves as well.

"The program provides safe, affordable housing for low and moderate-income seniors," says Bancarz. "This allows seniors to retain their independence and, in many cases, continue to live in the communities they helped build, close to family and friends."

"It's one way the Alberta government is helping seniors have safe, stable, affordable housing situations to enhance their quality of life."

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Strategy needed for care of our seniors

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All that adds up to a big problem. "Current rates of funding for Alberta's continuing care industry are actually below what was received in 2011, after inflation and cost increases are factored in," says Tammy Leach, chief executive officer the Alberta Continuing Care Association (ACCA). "Additionally, aging infrastructure is a real issue."

More than half of the province's Alberta's long term care facilities are at least 30 years old. But funding is only one concern.

"The overarching issue is the lack of a housing plan or strategy in Alberta," says Irene Martin-Lindsay, the Executive Director at Alberta Seniors Communities and Housing Association (ASCHA). That's why a number of

groups have come together to start working on a comprehensive plan to present to the government.

There's plenty of uncertainty around capital development plans, how to address that aging infrastructure and re-designate buildings that are no longer serving their purpose.

"There needs to be a framework to address a comprehensive and integrated plan for all of this, with predictable funding allocations and forecasting," she says.

Finding a solution is hampered by the fact different policies, programs and funding for housing live in different departments — for example, health care is under Alberta Health Services, building codes rest with Municipal Affairs, homelessness is under Human Services and seniors housing is with the Seniors Ministry.

"Changes are needed," says ACCA's Leach. "Not to reduce standards, but to allow the system to be more client and person-centered, giving providers the flexibility to innovate and



ISTOCK

respond to the changing needs of clients and residents, and to reflect changes in the scope of practice of our health care professionals."

"The new Alberta provincial government has promised to create 2,000 new long-term care spaces, add another 2,000 beds under the Alberta Supportive Living Initiative and provide more money for home care. That's all welcome news and a great starting point towards

addressing a long underfunded continuing care system," Leach says

"However, years of inattention has led to significant issues that still need to be addressed to ensure sustainable continuing care for all Albertans. We need a broad public discussion about our expectations and priorities to ensure our seniors and vulnerable adults receive excellent care when and where they need it."



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Horizon Housing operates with a principle of 'housing first', says Kim O'Brien, the group's executive director. "A person battling individual vulnerabilities and challenges is unable to address these issues when their safety and survival are in question," she says. "Instead, that person is only focused on where they are going to sleep tonight."

And that's where providing housing first can make a big difference. One of 15 different partner agencies refer people with a variety of special needs—including mental health challenges, physical disabilities and poverty. They get affordable, safe and secure housing along with the support programs they need from various partnering agencies. "We don't do this work alone," she says. "Horizon Housing Soci-

ety couldn't operate without our partners." On average, the resident pays \$446 a month. "We offer rent that's affordable and sustainable," says O'Brien. "If we can help give people a sense of stability and lessen some of that fear and instability they battle in their lives, it goes a long way to helping them feel they have a home instead of just shelter."

It also reduces the stigma and enhances their sense of community and quality of life. "I'm extremely proud of the level of service and care we provide to our tenants," says O'Brien. "We conduct a regular tenant satisfaction survey and recently received a score of over 84 per cent satisfaction from our tenants."

Horizon Housing is one of many organizations looking to grow the number of affordable housing units in Calgary. There are 3,500 homeless people in Calgary, and 15,600 households are at risk—just a pay cheque away — from homelessness. While the situation is dire, O'Brien says there is reason for hope with the RESOLVE Campaign in which Horizon and



CONTRIBUTED

eight other established social service agencies are collaborating to raise \$120 million to build affordable rental housing for 3,000 vulnerable and homeless Calgarians. Providing people with housing and the supports they need saves taxpayer's money because it reduces the use of services such as

health care, police, emergency services, the justice system and corrections. "It costs the community \$34,000 less per homeless person a year," says O'Brien. And as for the people who get an affordable place to live: "They go from surviving to thriving."



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Rickie Fowler won the Abu Dhabi Championship, shooting a 3-under 69 Sunday for a one-stroke win over Thomas Pieters

Broncos ride swarming defence into Super Bowl

NFL PLAYOFFS

Manning bests Brady in what could be their final meeting

No, you're not seeing things.

That really was Peyton Manning lumbering his way down the field for a 12-yard gain and a first down Sunday. And thanks to his defence, that will be Manning — the 39-year-old quarterback who was supposed to be on his way to a retirement party — and not Tom Brady playing in the Super Bowl two weeks from now.

Ol' No. 18 engineered a 20-18 victory over the Patriots, which wasn't settled until Broncos cornerback Bradley Roby picked off Brady's pass on a two-point attempt that would have tied it with 12 seconds left.

The Patriots had to go for two after Brady hit Rob Gronkowski in the back of the end zone because Stephen Gostkowski missed his first extra point in 524 tries in the first quarter.

Aqib Talib stepped in front

+ AIR ATTACK

Manning completed 17 of his 32 passing attempts for 176 yards and two TDs.

AFC championship



of Brady's pass and deflected it skyward.

Roby, who forced the game-changing fumble in last week's victory over Pittsburgh, made the pick. The Broncos (14-4) recovered the onside kick and the celebration began. Manning is now 6-11 in his vaunted series against Brady, but 3-1 when it has counted the most — with the AFC title on the line.

"Well, it's been a special rivalry over the course of my career against the Patriots, the entire organization," Manning said. "To play four times in the AFC championship with so much on the line, those games have been very special."

Manning surpassed his boss, John Elway, as the oldest quarterback to take his team to the Super Bowl. The Broncos will play Carolina.

Whether it's been Manning lining up under centre, or Brock Osweiler, who took snaps while Manning was injured for six weeks toward the end of the season, the Broncos



Patriots tight end Rob Gronkowski is tackled by Broncos Shiloh Keo, bottom left, Josh Bush and Danny Trevathan on Sunday in Denver. DUSTIN BRADFORD/GETTY IMAGES

have depended on a defence that gave up the fewest yards this season and came up with game-saving plays time and again.

Von Miller finished with 2-1/2 sacks and an interception. The Broncos harassed Brady all day. He finished 27-for-56 for 310 yards. After being shut out twice inside the Denver

20 late in the fourth quarter, Brady lobbed a 40-yard pass to a double-covered Gronkowski to keep a desperation drive going on fourth-and-10.

Then, on fourth-and-goal from the four with 12 seconds left, Brady found Gronkowski — again double-covered — in the back corner of the end zone. The tight end stepped

in front of Chris Harris Jr. for the catch, and the game came down to one play.

The Broncos defence made it once again, and the franchise is now headed to its eighth Super Bowl. This marks No. 4 for Manning, who could become the first quarterback to lead two different franchises to titles.

THE ASSOCIATED PRESS

NFL PLAYOFFS

Panthers carve up Cards

Superman is headed for the Super Bowl.

He's taking the Carolina Panthers with him.

Cam Newton threw for two touchdowns and ran for two others, and Carolina's big-play defence stifled the league's top-ranked offence in a 49-15 romp Sunday for the NFC championship. It was the most points for a winner of an NFC title game.

It will be Newton's first trip to the Super Bowl and the second trip to the big game for the Panthers (17-1), who lost to New England 12 years ago.

NFC championship



"We won as a team," Newton said. "We came out here and fought our tails off and we did what a lot of people said we couldn't do. It's not over yet. We'll be ready to go in two weeks."

Carolina picked off Arizona quarterback Carson Palmer four times, forced two fumbles by him, and never let up the assault. Special teams also produced a turnover.

Newton finished with 335 yards passing and 47 rushing.

THE ASSOCIATED PRESS



Jeff Skinner of the Hurricanes has a shot blocked by Flames goalie Jonas Hiller on Sunday. GERRY BROOME/THE ASSOCIATED PRESS

NHL

Canes mightier than Flames

Kris Versteeg scored twice to lead the Carolina Hurricanes to a 5-2 victory over the Calgary Flames on Sunday night.

Victor Rask, Elias Lindholm and Joakim Nordstrom also scored for Carolina. The Hurricanes led 3-0 early in the second period and chased Calgary goalie Karri Ramo. Eddie Lack made 33 saves for Carolina.

Calgary got goals from Jiri Hudler and Joe Colborne. It fell to 0-15 when trailing after one period.

Versteeg scored his first on a pass from Eric Staal to put

SUNDAY In Raleigh, N.C.



Carolina ahead 3-0 at 3:50 of the second. He scored again on a power play with 8:47 left in the third for a 4-2 advantage.

Rask and Lindholm scored first-period goals.

Hudler scored his sixth of the season and first in 15 games midway through the second.

Colborne scored for Calgary 5:01 into the third to make it 3-2. The Flames pushed hard out of the final intermission and had the first 10 shots of the last period.

Carolina held on thanks to its penalty killing. The Hurricanes killed off five penalties and have stalled 53 of 61 power plays this season at home.

"We did some good things 5-on-5, but, again, special teams let us down," Colborne said.

Nordstrom scored 32 seconds after Versteeg to seal it.

THE ASSOCIATED PRESS



Cam Newton threw for a pair of touchdowns and ran for another two. GRANT HALVERSON/GETTY IMAGES

Raptors extend rare roll against Clips

NBA

Toronto bench the difference in eighth straight win

Most nights it's one guy or maybe two who produce while others struggle. The inconsistency of the Toronto Raptors' bench has been a bit patchy, even though the

SUNDAY In Toronto

112 **94**
RAPTORS CLIPPERS

team has survived well enough.

But on a night when four guys have it going at the same time, it's all fun, good times and easy baskets. Getting 51 points off the bench — the highest production

by substitutes this season — the Raptors rolled to an easy 112-94 victory Sunday over the Los Angeles Clippers.

It is Toronto's eighth win in a row and an impressive thumping of a quality opponent. The Raptors can equal an all-time franchise high on Tuesday against Washington with a ninth straight win. And if the team's four backups — Cory Joseph, Terrence Ross, Patrick Patterson and Bismack Biyombo — play then as

“We did a good job of coming in with a lot of energy.”

Raptors Cory Joseph

they played Sunday, Toronto will be hard to beat. “I think (Sunday night) was probably one of our best games collectively as a second unit,” Patterson said.

Now settled into a consistent rotation after dealing with a series of injuries that muddled things, a successful routine is developing. “There's no uncertainty,” Patterson added.

Toronto's bench outscored the Clippers' backups 51-29 and turned the game around late in the first quarter. The four subs and Lowry (21 points) went on a sweet little 17-1 run to wipe out a big, early-game Clippers lead.

THE CANADIAN PRESS



Raps' DeMar DeRozan goes to the rim. THE CANADIAN PRESS

IN BRIEF

IOC relaxes guidelines on transgender athletes

Transgender athletes should be allowed to compete in the Olympics and other international events without undergoing sex reassignment surgery, according to new guidelines adopted by the International Olympic Committee.

IOC medical officials told The Associated Press on Sunday they changed the policy to adapt to current scientific, social and legal attitudes on transgender issues. THE ASSOCIATED PRESS

Chelsea dents Arsenal's title hopes with derby win

Diego Costa gave Chelsea a 1-0 victory over 10-man Arsenal on Sunday, damaging its London rival's bid to dethrone them as Premier League champions.

Chelsea already looked the livelier team when it gained a man advantage in the 18th minute, following Per Mertesacker's red card-lunge on Costa. Minutes later Arsenal's defence was breached when Costa evaded defender Gabriel to score. THE ASSOCIATED PRESS

FIGURE SKATING

Chan: Quad jumps cutting into quality

Patrick Chan has always been known as the total package — big jumps coupled with intricate spins and a skating ability that is considered the best in the world.

So after his 18-month hiatus, Canada's three-time world champion was dismayed to return to find his sport dominated by quadruple jumps.

And the morning after he won his eighth gold medal at the Canadian figure skating champion, Chan waded back

into the quad controversy.

“It's getting a little ridiculous. It's like the slam dunk contest, that's what it's becoming,” Chan said. “I will be dead honest, I think with my experience and credibility at this point, I can say already with the men doing three quads, the quality of skating is diminished.”

The 25-year-old from Toronto landed two huge quads in his long program Saturday night.

THE CANADIAN PRESS

PLAY Friday's Answers

from your daily crossword and Sudoku

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RECIPE Shrimp & Orzo Skillet Dinner



PHOTO: MAMA VISIONEY

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week with this elegant yet easy one-pot wonder. Both orzo and shrimp cook quickly, making them a perfect combo for weeknight meals.

Ready in

Prep time: 10 minutes
Total time: 25 minutes

Serves 4

Ingredients

- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1/2 tsp dried oregano
- 2 cups vegetable stock
- 14 oz can of diced tomatoes
- 1/3 cup balsamic vinegar
- 1 cup orzo
- 1 lb cleaned and de-veined shrimp

- Big handful of fresh basil, sliced
- 1/2 cup feta, crumbled

Directions

1. In a large skillet, sauté onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute.
2. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.
3. Now add the orzo and allow everything to simmer for 15 minutes.
4. Add your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque.
5. Sprinkle basil and feta over top and serve.

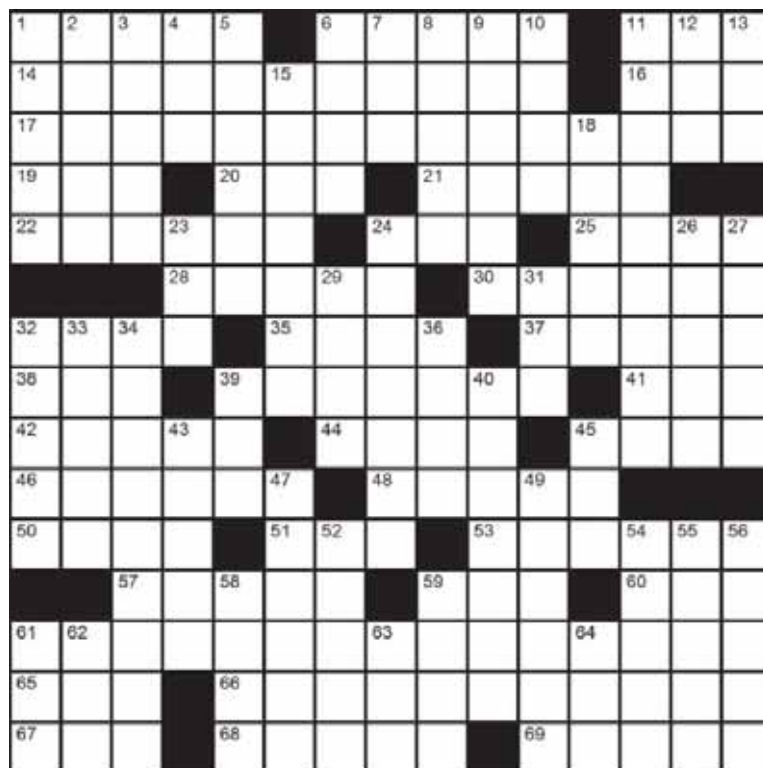
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ACROSS

1. Country singer K.T.
6. Raised flatlands
11. Beaver's construction
14. Sir Ian Fleming, for one: 2 wds.
16. Wood sorrel
17. Fictional rural setting of "Hee Haw" (Trivial! The long-running variety show was created by two Canadians, Frank Papp and John Aylesworth): 2 wds.
19. 'Hect' add-on
20. Anonymous [abbr.]
21. Acidic, such as a swimming pool's water quality = ____
22. Stand firm
24. Game: French
25. Prefix to 'legal'
28. Hanson member
30. Actress Charlize
32. 17th Greek letters
35. Swallow
37. ____ the side of caution
38. ____ de Cologne
39. Canadian singer/actress Ms. Cox
41. 'Verb' suffix
42. "The Jetsons" pet
44. Decorative pin holder
45. Otolaryngologists, commonly
46. "Flashdance" (1983) song
48. Rope fibres



50. Close-fitting
51. Li'l reply
53. Really busy
57. Battle royal
59. Lubricate
60. Prefix meaning 'ear'
61. Books business: 2 wds.
65. Pres. Eisen-

- hower
66. Charlie ____ (Radio newscaster on the show at #17-Across)
67. Ireland airline, with Lingus
68. Architectural framework
69. Demeanors

DOWN

1. Mr. Schindler (Liam Neeson role in 1993)
2. Fern 'seed'
3. Ancient harps
4. Hostel
5. Without fanfare or difficulty: 2 wds.
6. Biblical heirs,

- with The
7. Kay's follower
8. Sashay
9. Invite to a movie and dinner: 2 wds.
10. Place into storage
11. Canadian entertainer who created/played the iconic character at

- #66-Across: 2 wds.
12. Do stage work
13. Might
15. Wine's year
18. Ontario attraction, ____ Canada Village
23. '____' for Iberville
24. Reusable blue kitchen wipes in a hexagon box: letter + wd.
26. Hen's home
27. Author Ms. Rice's
29. Dawn: French
31. Schemer's chuckle, when repeated
32. Paper quantities
33. ____ effect on
34. Be larger in quantity
36. "Charmed" sister
39. ____ 180
40. Reach for the stars: 2 wds.
43. Orion's brightest star
45. Keyboard key
47. Conqueror of Gaul
49. "The Taking of ____ 123" (2009)
52. Beatles jacket style
54. Put ____ (Get working)
55. "Your show's starting!": 2 wds.
56. Movie-makers
- Joel and Ethan
58. Elevator, in England
59. Burden
61. Ms. Zadora
62. Arthur Godfrey's instrument, for short
63. Smartness figs.
64. "Either he goes ____ go!"

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You want to get away from your usual environment and explore places you haven't been in a while. But make sure your wanderings are done with by midweek as journeys may be unpredictable later on.

♉ Taurus April 21 - May 21

It is possible that you will come into money. However, it is also possible that you will waste money on things you don't need. Maybe you'll do both and end up with the same amount!

♊ Gemini May 22 - June 21

An affair of the heart will go extremely well. On the work front, however, be wary of someone who approaches you with a proposition that sounds too good to be true.

♋ Cancer June 22 - July 23

Try not to lose sight of the big picture. Step back from what you are doing and make sure you don't drift off course. Also, don't let anyone undermine your confidence.

♌ Leo July 24 - Aug. 23

What comes easy to you over the next few days won't come so easy later on, so make an effort to get the tough stuff out of the way. If a project of some kind no longer inspires you, end it and move on.

♍ Virgo Aug. 24 - Sept. 23

You will have to make a tough choice between your family and your career. But it does not have to be one thing or the other — there are always ways to balance competing needs.

♎ Libra Sept. 24 - Oct. 23

Over the next few days you will get a more balanced view of what is taking place in the world. If an authority figure tells you that certain opinions are not allowed, tell them to get lost. Think and speak as you please.

♏ Scorpio Oct. 24 - Nov. 22

Some sort of material gain is likely but don't take your good fortune for granted. Remember that you always get more from what you own and earn if you don't grasp it too tightly.

♐ Sagittarius Nov. 23 - Dec. 21

So many things will go right for you that you may find it hard to believe your luck. What's the catch? There isn't one, so stop worrying and start doing things you really enjoy.

♑ Capricorn Dec. 22 - Jan. 20

Make an effort but make sure that what you do is primarily for yourself. Because you're so reliable employers may try to shift some of their workload to you. Don't let them!

♒ Aquarius Jan. 21 - Feb. 19

You will be immensely popular — everyone wants to get close to you. Having said which, watch what you say and do when people in positions of authority are around — they could easily turn against you.

♓ Pisces Feb. 20 - March 20

People you deal with in a creative capacity will be hugely impressed by your ideas and your willingness to work with others. Just make sure you get full credit for your input.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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